



Seattle shootings sharpen mental health awareness

Recent violent events in the news remind us of the need for communities to come together, to take care of each other and ourselves. If you are concerned about the mental health of a friend or family member, there are places to turn for help. Washington state's 24-hour Recovery Helpline provides information about mental illness and treatment at 1-888-789-1511. The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK. The Disaster Distress Helpline at 1-800-985-5990 offers 24 hour support for individuals in need of immediate counseling following natural and manmade disasters, including the tragic events such as yesterday's multiple shooting fatalities.

More information is available on the Behavioral Health and Recovery page at the Department of Social and Health Services website: <http://dshs.wa.gov/dbhr/index.shtml>. Local crisis lines are at <http://www.dshs.wa.gov/dbhr/mhcrisis.shtml>

According to the American Psychiatric Association, the vast majority of people who are violent do not have a mental illness. In fact, people with psychiatric disabilities are far more likely to be **victims** of violent crime than to be violent towards others. One in four people experiences a diagnosable mental illness in any given year, and that recovery happens when people have access to effective treatment.